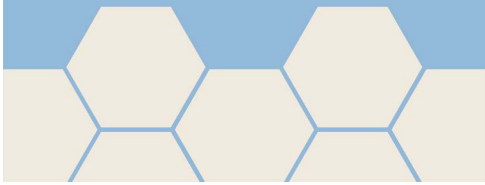


**TRAUMA
INFORMED
CHURCHES**



Training 2021-2022

The church should be equipped to know how to be trauma informed, how to create emotionally safe communities, understand safe boundaries when working with people who are struggling, understand the journey of recovery from trauma and the power of early intervention.

The course is aimed at senior leaders/ youth pastors/ children's leaders.

www.traumainformedchurches.org

About

Never has there been more of an urgency for churches to become trauma aware and trauma informed. The statistics show that there are rising numbers of people struggling with mental health issues but we also know that 1 in 3 adults with a diagnosed mental health condition recognise it is directly related to experience of childhood trauma.

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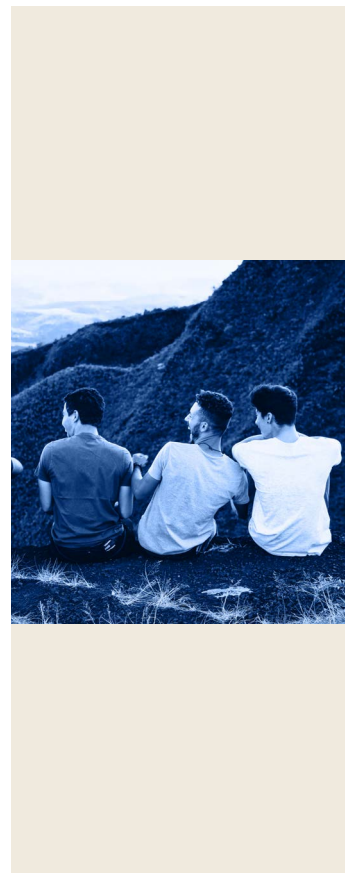
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Equipping and supporting

Trauma Informed Churches is committed to equipping and supporting churches to understand the impact of trauma on children, young people and families. We have a website with resources and 'go to' information and are now offering this training in collaboration with Betsy.

Betsy de Thierry is a psychotherapist, trainer and consultant for organisations, charities and churches around the globe who are helping the hurting. She has authored 7 books about trauma recovery and has several courses with students from all over the globe.



In collaboration with

Trauma informed churches in collaboration with Betsy de Thierry Ltd training organisation offers a course that is 7 individual days with additional reading and resources for continued study, alongside a final weekend in a trauma informed setting for a retreat and church experience with a trauma informed message, worship and ministry opportunity.

Course dates

Each date runs from 10AM - 3:30PM and will be online. Please see below for timings & location of the final weekend.

5th November 2021

Stage 1 Trauma Recovery Focused Training Pathway:

An introduction to trauma and complex trauma, the trauma continuum and trauma symptoms. An introduction on how to help traumatised people.

Betsy de Thierry MA

3rd December 2021

Stage 2 Trauma Recovery Focused Training Pathway:

How to help someone recover, find calm and relax when they are anxious and dysregulated. How the body is impacted by trauma.

Betsy de Thierry MA

7th January 2022

Mentor skills

Learning the foundational skills to support traumatised people. *(Half day)*

Betsy de Thierry MA

Listening

The impact of effective listening. *(Half day)*

Cheryl Unthank

28th January 2022

Stage 3 Trauma Recovery Focused Training Pathway:

Exploring the impact of shame. Further exploration of reflection, resilience & relationship and trauma symptoms, including anxiety and depression.

Betsy de Thierry MA

4th March 2022

Stage 4 Trauma Recovery Focused Pathway:

Complex Trauma and dissociation alongside an exploration of the polyvagal theory.

Betsy de Thierry MA

1st April 2022

Self care and self harm

Exploring the priorities of self care as a front line practitioner. *(Half day)*

Claire Tinker MSc

Exploring the journey of recovery from the turmoil of self hatred and self harm. *(Half day)*

Betsy de Thierry MA

5th May 2022

Trauma informed Kids and Youth departments

Exploring policy and practice for all team working in kids and youth projects.

Betsy de Thierry MA

20th - 21st May 2022

Weekend - Trauma informed church tour

Location

*Freedom Auditorium,
Lower Bristol Road, Bath,
BA2 1EP*

Friday 20th May 7-9PM

Retreat evening for students and their families.

Saturday 21st May

11AM-4PM The theology of trauma and the call of God to help the hurting

7PM-9PM Retreat evening

Sunday 22nd May 10:30AM

Trauma Informed Sunday service followed by lunch.

Location

The 7 days will be online and the final weekend will be in Bath with the Friday and Saturday as training days and Sunday as a day in church.

Families are welcome to the weekend.

Cost

£110 per day (+VAT) x 8 days = £880 (+ VAT = £1056)

Contact Us

If you are interested in attending this course, please email admin@traumainformedchurches.org